

# Homemaker's Pages



## 4-H Girls Keep House

By MRS. JOHN LAND

This is the second year twenty former 4-H Club girls have done cooperative housekeeping at Shelby House, University of Kentucky, Lexington. In this way a college course is within the reach of a number who could not otherwise meet the expenses. The idea was so successful the first year that there was a waiting list this year.

The girls do all the work, dividing the tasks into eight divisions and the girls into teams so as to avoid monotony and broaden the training in home-making. Credit is given at current prices for any supplies that may be brought from home. The total cost per girl the first year of the experiment was \$152, the food averaging twenty-five cents per day per girl.

Shelby House was named for the first



## Home Industries Revived

REVIVAL of home industries has received considerable attention of rural educational sources during the past year, and many county and state fairs hold striking displays of a wide variety of home handicraft reflecting a high degree of artistry and skill both in design and in craftsmanship. Hooked rugs, quilts, rag rugs, carpets and many other time accomplishments are coming back into their own. Many articles of furniture such as stools, chairs, tables, book-shelves and other things are being turned out in mountain homes and are finding ready sale.

Sweaters are made from native wool dyed with vegetable colors obtainable in this immediate vicinity have been a recent addition to the handicraft activity.

It has been predicted that this revival of home industries may lead to a widespread interest in homespun jeans, a fabric once widely used for men's clothing.

The restoration of homecrafts is important not only because of the monetary return it brings to rural sections, but also because it marks a determination to follow the live-at-home program, advocated by the educational agencies. Of deeper significance is the cultural implication.



## Farm Women Meet

A program of interest to farm women of the nation was presented at the first annual convention of the Associated Women of the American Farm Bureau Federation in Chicago, December 6 and 7.

The convention dealt broadly with subjects of primary importance to farm homes and farm home-makers.

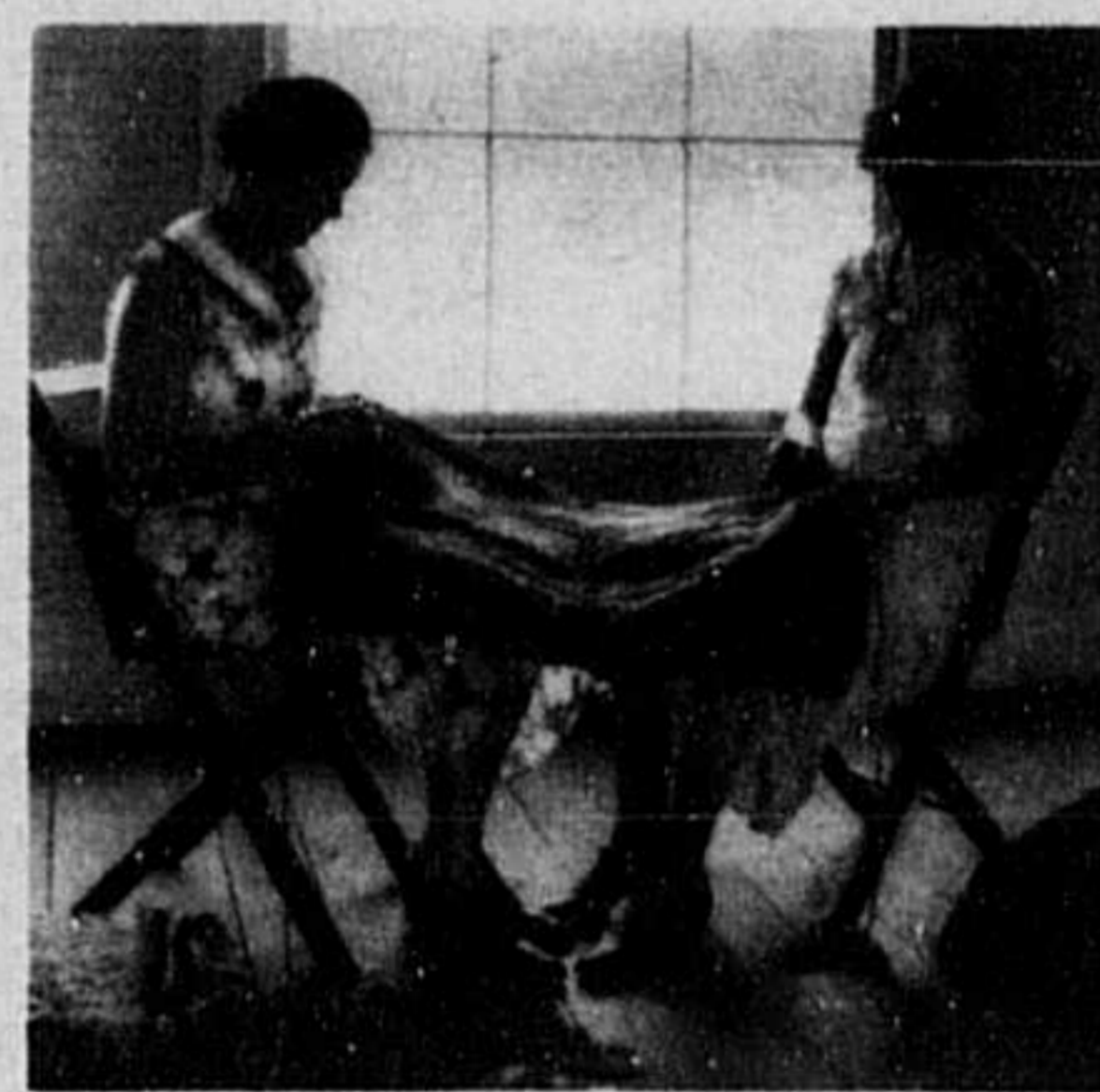
Miss Mary Sue Wigley, of Alabama, lecturer on economic problems of the home and citizenship; Miss Ella Gardner, Washington, D. C., formerly of the Children's Bureau, Department of Labor, and now in charge of applied recreation, United States Department of Agriculture; Mrs. Emily Newell Blair, Washington, D. C., Chairman, Consumers' Advisory Board, were among the featured speakers on the two-day program.

Associated Farm Women is an organization formed under the auspices of the American Farm Bureau, a year ago. Mrs. Abbie C. Sargent, Bedford, N. H., served as first president, Mrs. Ellsworth Richardson, Iowa, vice-president, Mrs. Florence B. Bovette, Nevada, secretary, and Mrs. Charles W. Sewell, Indiana, administrative director.

The organization is set up in 33 states. Among the state leaders were, Kentucky, Mrs. W. M. Oliver, Paducah; Maryland, Mrs. Harry Williams, Worton; Tennessee, Mrs. D. W. Bond, Jackson; Virginia, Mrs. Guy Roop, Snowville; West Virginia, Mrs. John G. Lang, Bridgeport.

In this December meeting, rural housing, homestead beautification, recreation for the farm family, preservation of native home industries, and legislation affecting women and children were subjects given careful consideration.

By proper cooking, savory and relatively cheap dishes can be prepared from the shoulder, breast, flank and neck of lamb. The flavor of lamb combines especially well with certain relishes and vegetables. Salads and flavorful dressings also may be used.



Above: Two women frequently work together on one rug.

Left: Basket weaving instruction is frequently included in the program of farm women's camps.

Below: A Home Demonstration group at Forest Grove School, Rappahannock County, Virginia, making hooked rugs.

## Cold Weather Menus



Cold winter days throw a double burden on the planning of the daily menu, not only due to the more robust appetites of the entire family but to fortify bodies against colds, flu, gripe and the rigors of the weather.

Roasts provide especially nourishing, sustaining dishes for the main meal of the day. Baked ham, roast fresh ham, crown roast of lamb, roast chuck, stuffed shoulder of veal and baked stuffed spareribs provide a series of meals that will win the family applause.

From the housekeepers' standpoint roasts are satisfying since leftovers can be used to provide a number of attractive dishes. Sliced beef in mustard sauce from the remains of a roast makes a second appetizing dinner; then there is veal ramekins, meat pie, American chop suey, and any number of other ideas that clever cooks employ.

Griddle cakes give a little heavier breakfast, very satisfactory for January mornings. Happily there are an endless variety, all the way from plain griddle cakes through sour milk cakes, blueberry cakes, rice cakes, meat cakes, bread cakes and on and on.

Soups, too, meet the requirements of a winter diet. Both chowder and cream soups satisfy hungry January appetites. Chowder, by the way, is properly a stew rather than a soup. Originally made with clams, although any kind of fish can be used. The story goes that a party of French voyagers shipwrecked on our eastern shore, saved some potatoes, onions, bacon and a few tins of sea biscuit and one big pot of "chaudiere." They dug some clams and put them in the

pot with the potatoes, onion and bacon. When this concoction was cooked tender they added the sea biscuit and ate the dish with such relish that they continued the impromptu recipe and thus was born chowder.

One soup that is good in warding off colds is made with one cup of raw spinach one quart of milk 2 tablespoons of flour 2 tablespoons melted butter and a teaspoon of salt. The spinach should be chopped or ground finely, be sure not to lose the juice. Heat the milk to the boiling point, add flour and butter, then the spinach and salt—cook about ten minutes.

### Sliced Beef in Mustard Sauce

- 2 bouillon cubes
- 3 tablespoons butter
- 2 medium onions
- 3 tablespoons flour
- 1 tablespoon minced parsley
- 2 tablespoons prepared mustard
- 12 thinly cut slices roast beef salt and pepper.

The onions, chopped fine, should cook in the butter until yellow. Flour, parsley and bouillon should then be added. Stir until thickened, then add mustard, salt and pepper.

### Veal Ramekins

- 3 cups bouillon
- 1 cup rice
- 1/2 pound diced cooked veal
- 1 tablespoon chopped parsley
- 8 mushrooms, cooked, chopped
- 1 tablespoon white sauce
- 2 eggs salt and pepper.

Cook rice in bouillon until tender, drain. Mix with veal and tongue cut in strips with parsley, white sauce and mushrooms. Add egg yolks and whites well beaten. Line small ramekins with the rice, fill with the meat mixture and steam for twenty minutes. Serve hot with tomato sauce.

## Smart Styles For Late Winter

Patterns of these distinctive 1936 styles may be obtained from the Pattern Department of THE STATE FARMER, by sending 25 cents with the coupon below.



Above: AFTERNOON FROCK

Pattern 3095. Hollywood sponsors this stunning afternoon frock worn by Paramount's lovely Gail Patrick. It features a novel halter effect shirred to the collar and fastened in the back. The waist underneath is completed in one piece. Sleeves cut fashionably full add a finished touch. Pattern available in sizes 12, 14, 16, 18, and 20. Corresponding bust measurements 30, 32, 34, 36, and 38. Size 14 (32) requires 4 1/2 yards of 39 inch fabric.

### SLENERIZING

Pattern 3010. Printed shantung serves for this unusually wearable and attractive house frock which features a slimming panel all the way down the front. Easy to make, this cotton frock will stand a world of service without losing its appeal. Pattern is designed for sizes 24, 26, 28, 30, 32, 34, 36, and 40. Size 36 requires 5 yards of 35 or 39 inch fabric.



Patterns of dresses pictured above 25c. Please remit in coins or stamps (coins preferred). Give your name, address, pattern number and size. Mail order to Pattern Department, State Farmer Section, Fletcher, N. C. The new 32 page Fall and Winter Pattern Book available at 15c each, or if bought in combination with pattern, 35c for pattern and book.

**EASY TO MAKE**  
Pattern 3087. One of the most charming features of this Misses' smart daytime frock is that it is easy to make. The sleeves are shirred in at the shoulder and drape softly over the top edges of wide stitched cuffs. Cuffs cut with points to harmonize with new deep pointed stitched collar. Pattern available in sizes 12, 14, 16, 18, and 20. Corresponding bust measurements 30, 32, 34, 36, and 38. Size 14 requires 4 1/2 yards of 39 inch or 2 1/2 yards of 54 inch fabric.



**SUNBURST PLEATS**  
Pattern 3089. Sylvia Sidney, Paramount star, features this dazzling sunburst pleat creation. From turned-down braided collar, the lines are gracefully carried by full kimono sleeves with braiding around the waistline, and the simplicity of the skirt serves for many different occasions. Patterns available in sizes 12, 14, 16, 18, and 20. Corresponding bust measurements 30, 32, 34, 36, and 38. Size 14 (32) requires 3 1/2 yards of 54 inch fabric.

Pattern Department  
State Farmer Section  
Fletcher, N. C.

Enclosed.....cents in coin for

Pattern No..... Size.....

Pattern No..... Size.....

Name .....

Address .....

Town .....

(Wrap coin securely in paper.)